



Using 3x5 Cards

Part of a Series: Study Habits that Build the Brain

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Introduction/Overview

- The presentation “Study Habits that Build the Brain” was background information.
- From a research project conducted in the Spring 2008, we learned that students performed better on exams if:
 - They created 3x5 cards
 - Reviewed them like flash cards

Scientific Fact (not just us guessing)

- Within the research we conducted, we proved:

The creation and use of 3x5 cards to learn materials at the three lowest levels of Bloom's Taxonomy does improve student performance on exams.

Creating 3x5 Cards

- To help the brain create synapses students will hand write some definitions and other items onto 3x5 cards.
 - Terms and Definitions for each chapter are a “must do” source for 3x5 card content.
 - Items missed on quizzes would be another good source.

3x5 Card Options

- Some students put both the question and answer on one side of the card.
- If you wish to use the cards as flash cards, you will want to put:
 - The question on one side
 - The answer on the other side

This might be the best study method.

Using the 3x5 Cards

- The student will commit to review the information on the cards on several different occasions before taking a major exam.
- This will provide reinforcement via repetition over time to help build their neural networks (“gray matter”).

Questions/Comments

- You can interact with other students via Discussions postings or Email to get suggestions on how to effectively create and use 3x5 cards.
- You can contact your instructor if you have any questions.



THE END